

# Swim Lessons

<p style="text-align: center;"><b><u>Progressive Swim Lesson Levels</u></b></p> <p>Progressive lessons are for children 5 years old &amp; up. Children must pass current level to move on to the next level based on skills below.</p> <p><b>Minnows:</b> Pool rules, Warm-up swims, 5 bobs, Jump into the shallow end and swim to the side safely, Jump in with help from teacher, Swim ½ lap of the pool, Swim with a bubble/barbell &amp; noodle, Kick with pointed feet.</p> <p><b>Tigerfish:</b> Jump in the deep end, Swim 1 lap of the pool, Swim 1 lap with a bubble/barbell &amp; noodle, Front float &amp; Back float, 10 bobs.</p> <p><b>Stingrays:</b> Sit-dive, Swim 2 laps of the pool, Basic reaching assist, 15 bobs, Kick on back with pointed feet.</p> <p><b>Marlins:</b> Kneeling dive, Tread water for 1 minute, Survival float for 1 minute, Kick (1) lap streamline position with straight legs on back &amp; on front, One lap rhythmic breathing with a barbell with proper arms, Roll back to front &amp; front to back, Coordinate arms and legs to do the backstroke, Have the strength to swim backstroke.</p> <p><b>Barracudas:</b> There are no Barracudas classes during this session</p> <p><b>Dragonfish:</b> There are no Dragonfish classes during this session</p>	<p style="text-align: center;"><b><u>Progressive Swim Lessons</u></b></p> <p>Progressive swim classes are for children <b>5 years and older</b>. Descriptions show what each student will learn and must accomplish to pass that level and move onto the next level. In order to register for a particular level, the student must be able to do all the skills in the prior levels. Each session runs 6 classes, limit 8 per class. Classes are held at JFK Middle School Pool.</p> <p><b>Fee:</b> \$32.00 Residents / \$40.00 Non-Residents</p> <p style="text-align: center;"><b><u>Saturdays, April 27 – June 1</u></b></p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p><b>9:00 AM – 9:40 AM</b> Minnows: 3603.0629.304 Tigerfish: 3603.0629.307</p> <p><b>10:30 AM – 11:10 AM</b> Tigerfish: 3603.0629.308 Marlins: 3603.0629.311</p> </td><td style="vertical-align: top; width: 50%;"> <p><b>9:45 AM – 10:25 AM</b> Minnows: 3603.0629.305 Stingrays: 3603.0629.309</p> <p><b>11:15 AM – 11:55 AM</b> Minnows: 3603.0629.306 Stingrays: 3603.0629.310</p> </td></tr> </table> <p><b>Guppies</b> <i>Preschool Swim Lessons 3 &amp; 4 year olds</i></p> <p>Children will learn pool rules, how to enter and exit the pool safely, general water safety, water adjustment and basic swim strokes. <b><u>Please Note:</u></b> that this class is <b><u>not</u></b> a parent-child class. Limit 12 per class. Class is held at the JFK Middle School Pool.</p> <p style="text-align: center;"><b><u>Saturdays, April 27 – June 1</u></b> \$32.00 Residents / \$40.00 Non-Residents</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p>12:30 PM – 1:00 PM 1:05 PM – 1:35 PM</p> </td><td style="vertical-align: top; width: 50%;"> <p>Activity Number: 3603.0629.302 Activity Number: 3603.0629.303</p> </td></tr> </table> <p><b>Waterbabies</b> <i>6-36 months</i></p> <p>A great class to introduce your little one to the water. Participants will learn water awareness and develop a comfort level in and around water using toys and songs. Parents must accompany their child into the pool. <b><u>Please Note:</u></b> Swim diapers must be worn in the pool. Limit 20 per class. Class is held at the JFK Middle School Pool.</p> <p style="text-align: center;"><b><u>Saturdays, April 27 – June 1</u></b> 1:40 PM – 2:10 PM \$32.00 Residents / \$40.00 Non-Residents Activity Number: 3603.0629.301</p>	<p><b>9:00 AM – 9:40 AM</b> Minnows: 3603.0629.304 Tigerfish: 3603.0629.307</p> <p><b>10:30 AM – 11:10 AM</b> Tigerfish: 3603.0629.308 Marlins: 3603.0629.311</p>	<p><b>9:45 AM – 10:25 AM</b> Minnows: 3603.0629.305 Stingrays: 3603.0629.309</p> <p><b>11:15 AM – 11:55 AM</b> Minnows: 3603.0629.306 Stingrays: 3603.0629.310</p>	<p>12:30 PM – 1:00 PM 1:05 PM – 1:35 PM</p>	<p>Activity Number: 3603.0629.302 Activity Number: 3603.0629.303</p>
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## Adult Lessons *Ages 16 & up*

It's never too late to learn how to swim! Lessons are provided in a semi-private setting with an experienced instructor. Ideal for those starting their swimming journey to those seeking a technique refresher to increase their swimming efficiency. Location: JFK Middle School Pool. Limit 4.

**Dates:** Saturdays, April 27 – June 1  
**Fee:** \$40.00 Resident / \$50.00 Non-Resident

**Time:** 2:15 PM – 2:55 PM  
**Activity Number:** 3605.0629.301